

Healthy Weight for Life

Weight loss is achieved by burning more calories than you consume. Limit total calories from a balanced diet that includes whole grains, beans, low fat dairy, lean meats, soy, nuts, and plenty of fruits and vegetables. Meanwhile increase your activity and build some muscle.

The best way to lose weight permanently is to skip the fad diets and make changes you can live with for the rest of your life. Gradually replace the habits that cause weight gain with better, healthier habits. Make the habit stick and then move on to the next change. Start with the most offensive habits, like a soda with meals or the daily super-sized meal deal. By practicing healthier lifestyle habits, you can lose weight safely and permanently, without spending your money on a magic pill.

Make some or all of these healthy habits your own:

- ☐ ● ☐ Eat at least 5 servings of fruits or vegetables daily.
- ☐ ● ☐ Increase cardiovascular exercise to 4-6 times per week for a minimum of 30 minutes per session.
- ☐ ● ☐ Add resistance training 2-3 times per week either with a Pilate class or free weights and/or machines.
- ☐ ● ☐ For many working out or walking with a buddy provides the extra motivation necessary to make physical activity a part
- ☐ ☐ of your lifestyle. So find a pal for regular physical activity.
- ☐ ● ☐ Be aware of your portion sizes and decrease them, if necessary.
- ☐ ● ☐ Eat slowly to give your brain enough time to receive the "full" signal.
- ☐ ● ☐ Split an entrée or take home half of your meal when dining out. Remember that restaurant portion sizes can be enough
- ☐ ☐ food for three people.
- ☐ ● ☐ Severely limit the use of fast food and never super size. Make better selections like charbroiled chicken sandwich, replace
- ☐ ☐ soda with nonfat or low fat milk or orange juice, and ask for the restaurant's brochure with nutrition information.
- ☐ ● ☐ Increase your water intake to at least 8-10 cups per day.
- ☐ ● ☐ Choose minimally processed foods. Aim for high-fiber, low calorie foods, like fruits and vegetables.
- ☐ ● ☐ Never skip breakfast. Eating breakfast in the morning will help you consume fewer calories throughout the day by
- ☐ ☐ stabilizing your blood sugar.
- ☐ ● ☐ Use low calorie, high fiber snacks in between meals.
- ☐ ● ☐ Outwit emotional eating by identifying it's triggers and developing an action plan, such as taking a brisk walk or not
- ☐ ☐ keeping calorie dense foods in the house.
- ☐ ● ☐ Replace high calorie toppings with lower calorie options: jam or jelly, salsa, hummus dip, non or low fat cottage cheese, or
- ☐ ☐ reduced calorie salad dressing. When replacement is not an option for you, then carefully limit the serving size and
- ☐ ☐ frequency of use of high calorie toppings.
- ☐ ● ☐ Eat fat free or low fat dairy products everyday or take a calcium supplement.
- ☐ ● ☐ Seek nutrition and weight loss information from credible sources, use the Nutrition Resource Guide.

It can take three to four weeks to make new habits from small adjustments in behavior. So if the behavior seems uncomfortable at first, stick with it. Don't become discouraged by set backs as they are likely to happen. If you are certain about what you would like to achieve and you keep trying, you will succeed. Remember that gradual change over time is necessary to make lasting, lifelong improvements in your health.

